

Supports and Services

Division of Developmental Disabilities (DDD): 360-902-8444 or 1-800-737-0617
<http://www1.dshs.wa.gov/ddd/index.html>

Children with Special Health Care Needs (CSHCN) Program: 1-800-322-2588
<http://www.doh.wa.gov/cfh/mch/CSHCNhome2.htm>

Parent to Parent (P2P): 1-800-821-5927
<http://www.arcwa.org/parent2parent.htm>

Supplemental Security Income (SSI) for Children: 1-800-772-1213
<http://www.ssa.gov/>

Washington State Fathers' Network (WSFN): 206-747-4004 ext. 218
<http://www.fathersnetwork.org/>

Washington Assistive Technology Alliance (WATA): 1-800-214-8731
<http://wata.org/>

Ethnic Outreach (King County ARC): 206-364-4645
<http://www.arcofkingcounty.org/>

Parents are Vital in Education (PAVE): 1-800-572-7368
<http://www.washingtonpave.org/>

Family Educator Partnership Project (FEPP): 1-888-754-8798
<http://www.arcwa.org/FEPP.htm>

Washington State ARC: 1-888-754-8798
<http://www.arcwa.org/>

Washington State Insurance Commissioner's Office: 1-800-605-6299
<http://www.insurance.wa.gov/>

Youth Leadership Forum (YLF): 360-438-3167

Department of Vocational Rehabilitation (DVR): 360-438-3167
<http://www1.dshs.wa.gov/dvr/>

SSI for Adults: 1-800-772-1213
<http://www.ssa.gov/>

DDD for Adults: 360-902-8444 or 1-800-737-0617
<http://www1.dshs.wa.gov/ddd/index.html>

SSI Work Incentives (PASS): 1-800-772-1213
<http://www.ssa.gov/work/>

People First: 1-800-758-1123

Centers for Independent (CILs): 1-800-624-4105
<http://www.virtualcil.net/cils/docs/wa.html>

Healthcare for Workers with Disabilities (HWD): 1-866-272-7630

Transition Timeline for Children and Adolescents with Special Health Care Needs: Developmental Disabilities

Children and families experience many transitions, large and small, over the years. Three predictable transitions occur: when children reach school age, when they approach adolescence, and when children move from adolescence into adulthood. Other transitions children make include moving into new programs, working with new agencies and care providers, and making new friends. Transitions involve changes: adding new expectations, responsibilities, or resources, and letting go of others.

As a parent of a child with special health care needs you may be caught up in day to day survival. You may ask, "How can I think about tomorrow when I'm just trying to make it through today?" But when those moments come when you can catch your breath it may be helpful to be aware of those transitions and allow yourself to think about the future.

The Transition Timeline for Children and Adolescents with Special Health Care Needs may help you think about the future. We hope this timeline will give you ideas to help your child achieve independence in their own health care and other areas of life as he/she grows.



Transition Timeline for Children and Adolescents with Special Health Care Needs: Developmental Disabilities

Parent and Child Interactions that Encourage Independence	By ages 3-5, or according to your child's developmental ability	By ages 6-11, or according to your child's developmental ability	By ages 12-18, or according to your child's developmental ability	By ages 18-21, or according to your child's developmental ability
	<ul style="list-style-type: none"> Assign your child chores appropriate for his/her ability level. Begin teaching your child about his/her special health care need. Begin teaching your child self-care skills: normal skills and those related to his/her special health care need. 	<ul style="list-style-type: none"> Begin helping your child interact directly with doctors, nurses, therapists. Assess your child's perception and basic knowledge of his/her special health care need. Build on their understanding. Continue teaching your child normal self-care skills as well as skills related to his/her special health care need. Encourage hobbies and leisure activities. Encourage decision making skills by offering choices to your child. Continue assigning your child chores appropriate for his/her ability level. Take your child shopping whenever possible so he/she can help in choices. Let your child choose how to spend some or all of allowance. Teach your child the consequences of his/her behaviors and choices. Allow your child to experience the consequences of a poor choice as well as a good choice. Take your child to visit your place of work. Begin asking your child "What will you do when you grow up?" 	<ul style="list-style-type: none"> Assess your teen's perception and basic knowledge of his/her special health care need. Fill in gaps in understanding. Continue teaching your teen normal self-help skills as well as skills related to special health care need. Begin helping your teen keep a record of his/her medical history, including conditions, operations, treatments (dates, doctors, recommendations). Begin helping your teen take responsibility for making and keeping his/her own medical appointments, ordering their own supplies, etc. Begin exploring health care financing for young adult Discuss sexuality with your teen. Help your teen identify and build on his/her strengths. Explore support groups, if teen is interested. Begin to explore and talk about possible career interests with your teen. Help your teen find work and volunteer activities. Continue to allow your teen to help with family chores. Continue to encourage hobbies and leisure activities. Help your teen identify and be involved with adult or older teen role models. Begin, with your teen, looking for an adult health care provider. 	<ul style="list-style-type: none"> Act as a resource and support to your young adult. Encourage your young adult to participate in support groups and/or organizations relevant to his/her special health care need. Finalize health care financing with your young adult. With your young adult, finalize transfer of medical care to adult provider.
	<div data-bbox="1456 445 1761 496"> Transition to Adulthood: Supports or Services to Consider </div> <div data-bbox="1456 516 1888 892"> <p>By age 14</p> <ul style="list-style-type: none"> Transition Plan (School) begins for teens on IEPs. <p>By age 17</p> <ul style="list-style-type: none"> Begin exploring health care financing for young adult. Notify Division of Vocational Rehabilitation (DVR) for teens with and without IEPs by Autumn of the year before they graduate. If appropriate begin guardianship procedures 2 months before the teen turns 18. Guardianship may be full or limited. Notify student of rights that will transfer to him/her on reaching the age of majority at least one year before the student reaches the age of majority (age 18 in WA state). <p>By age 18</p> <ul style="list-style-type: none"> Check eligibility for SSI the month the teen turns 18. </div>			
Possible Supports and Services to Consider	Division of Developmental Disabilities (DDD) Children with Special Health Care Needs (CSHCN) Parent to Parent (P2P) Supplemental Security Income (SSI) for Children Washington State Fathers' Network (WSFN) Washington Assistive Technology Alliance (WATA) Ethnic Outreach (King Country ARC)	Parents are Vital in Education (PAVE) Family Educator Partnership Project (FEPP) ARC (organization dedicated to the welfare of children and adults with developmental disabilities) State Insurance Commissioner's Office Youth Leadership Forum (YLF) Healthcare for Workers with Disabilities (HWD)	Department of Vocational Rehabilitation (DVR) SSI for Adults DDD for Adults SSI Work Incentives (PASS) People First Centers for Independent Living (CILs)	<p>Achieving Self-Support (PASS).</p> <p>By Age 21</p> <ul style="list-style-type: none"> For young adults with developmental disabilities, notify Division of Developmental Disabilities (DDD) for adult vocational services. Can sign up for DDD services at any age, the earlier the better.

